

RECOVERY Today

March 2020

A publication of Helio Health



Elements of CNY Cuts the Ribbon

New residential treatment facility opens in Liverpool, NY

After more than five years of planning, collaboration, and construction, Elements of Central New York is officially accepting referrals to the groundbreaking, multi-level of care facility. A ribbon cutting took place on February 11th to celebrate the opening of the new program.

Elements of Central New York is an innovative 75 bed, multi-level of care approach to treatment for substance use disorders. Offering programs to support stabilization, rehabilitation, and reintegration, Elements of CNY provides a safe, secure, and comfortable setting for both men and women. Counseling and treatments are evidence-based, person-centered, trauma informed, and OASAS certified.

Jeremy Klemanski, Helio Health President & CEO, expressed his excitement for the new program. "Many people worked very hard to make this special place one where hope will meet healing for so many people seeking a healthier life. I am in awe of our team, and the lives changed by their work," said Klemanski.

The new facility includes 55 stabilization and rehabilitation beds, and 20 reintegration apartments. The multi-level of care approach allows individuals to enter at the level of care that will best support their recovery. See page four more information about these phases.

For more information about Elements of Central New York, please call 315-883-1589 or visit www.helio.health.



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One Hundred Years of Hope

In 1920 the Sagola Club laid the foundation for Helio Health.



Etching of Green Street - the original Brick House

Syracuse was on the verge of prohibition. Syracuse University football had a four-footed mascot known as Vita the Goat. Clinton Square served as boat dock on the Erie Canal. The city population was more than 171,000.

And in December of 1920 a group of thirty citizens filed a certificate of incorporation, officially establishing the Sagola Club -- a home where early adolescent girls could "find suitable care and fellowship and when desirable, special training in preparation for self-support and the full development of useful, happy lives."

In 1926, the organization acquired the building at 121 Green Street (sketch pictured left), which would become known as the original Brick House. Throughout its long history with the organization, this house has served thousands of individuals in building better lives. It has survived changes in name and changes in purpose. Today this

house serves as a one of Helio Health's Mens Community Residences, where it provides a safe and supportive environment for men working to build a foundation in their recovery.

Much like the brick house on Green Street, Helio Health has adapted and grown to best meet the needs of upstate New York. From serving young women in need of safe housing to becoming one of New York's State first certified mens halfway houses to now operating as the region's most comprehensive provider of behavioral healthcare services, Helio Health is committed to providing hope, healing, and service for the next hundred years and more.

Helio Health is celebrating its 100th Anniversary Gala on September 19th at the OnCenter in Syracuse. For more information visit: www.helio.health/fundraising/celebrating-100-years

Are you interested in building a career in behavioral healthcare?

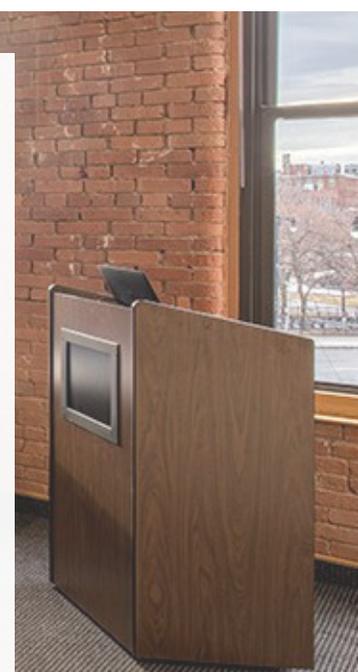
Start training to become a Certified Alcohol and Substance Abuse Counselor (CASAC) or a Certified Recovery Peer Advocate (CRPA) today!

The Helio Health Training Institute offers initial certification training to become a credentialed NYS OASAS Certified Alcohol and Substance Abuse Counselor (CASAC) and to become a NYCB Certified Recovery Peer Advocate (CRPA).

CASAC training can be completed in-person or online and typically takes 12 to 18 months to complete. In-person CASAC courses are offered in both Syracuse and Binghamton. At the end of the course, participants will be prepared to take the CASAC certification exam.

CRPA training is an intensive six day training that is offered in both Syracuse and Binghamton. Online options for this training are expected to launch later in 2020.

For more information visit www.helio.health/training/public-training or email training@helio.health.



Who Do You Run For?

Run for Recovery raises funds and awareness for people recovering from substance use and mental health disorders

Some people run for a loved one lost. Some people run for a loved one saved. Some people like Dominic (pictured below) run for a family that is now whole again.

On Saturday, May 16th, Beak & Skiff will host the 4th annual Run for Recovery. This yearly event has become one of the Helio Health Foundation's largest fundraisers and in past years has drawn upwards of 400 people.

The Run for Recovery is a 5k race and 1/2 mile kids fun run. The course meanders through the picturesque orchards on Beak & Skiff's Apple Campus. Each participant receives a custom race shirt and sunglasses.

Participants will also have the opportunity to fundraise for the Helio Health Foundation. Upon registration, a personalized fundraising page is automatically created for each participant. This page can be used to raise additional funds and awareness for the cause, and to share why the individual is participating.

Nearly one in twelve people will be impacted by an addiction, but only 10% will receive treatment at a specialty facility. Whether you run for your community, your family, or even yourself, you can make a difference.

The kids fun run will kick off the event at 9:30am, with the 5k race starting at 10am. Day-of registration opens at 9am.

For more information or to register, visit <https://www.helio.health/fundraising/fundraising-events/run-for-recovery/>.

For any questions, please contact Ashley Forshee, Development Director at 315-474-5506 x221 or by email at aforshee@helio.health.



Elements of CNY

A Multi-level of Care Approach

Elements of CNY integrates the three phases of recovery -- stabilization, rehabilitation, and reintegration - in one facility. This approach is intended to increase flexibility so that service can be more personalized to the individual needs of the person receiving treatment. People can enter treatment at the phase that best meets their needs and move through the phases as their recovery requires - utilizing or not utilizing phases as is clinically appropriate.

PHASE 1: STABILIZATION

During this phase, patients receive integrated medical care to address their substance use, mental health, and primary care needs. The safe environment provided in this phase allows for the stabilization of withdrawal symptoms.



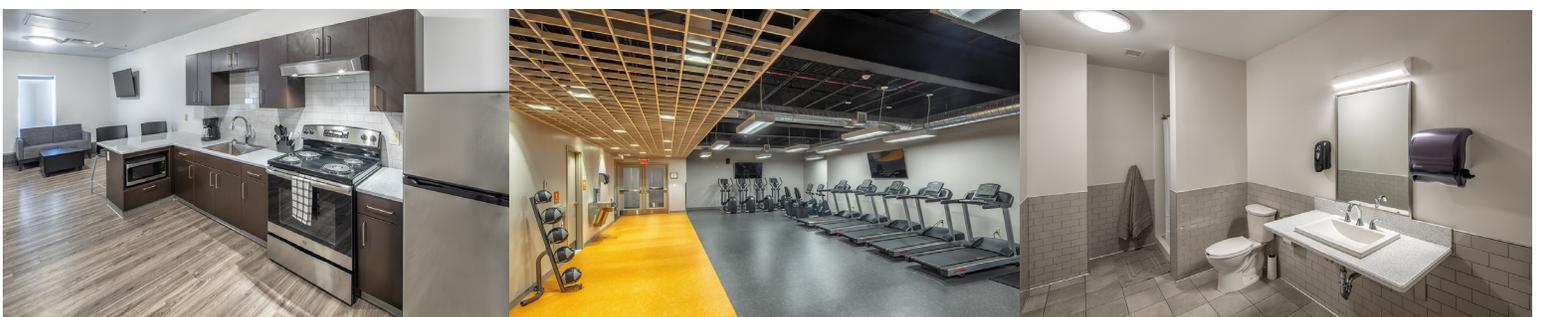
PHASE 2: REHABILITATION

Continuing supports from Phase 1, this phase focuses on building resiliency by restructuring social supports and behaviors. It begins to implement educational and vocational tracks to help the patient start working towards longer term self-sufficiency.



PHASE 3: REINTEGRATION

This phase provides an onsite community living experience for the individual transitioning to long-term recovery and independent living while providing continued clinical, educational, and vocational supports.





Program Spotlight: Opioid Treatment Program

Helio Health's Opioid Treatment Program (OTP) provides assessments, individual, group and family counseling sessions, along with Methadone or Suboxone as Medication-Assisted Therapy options. Programs are currently located in Syracuse and Utica (pictured above).

The Medication-Assisted Therapies in the OTP are dispensed on-site, with approved take-home privileges over time. Treatment and medical sessions are provided by a multidisciplinary team that focuses on individual patient needs. Services may also include psychiatric evaluations and medication management.

Both OTPs are able to begin dosing patients within 24 hours of the initial assessment. Clinic hours are 6:00 a.m. – 2:00 p.m. Services are provided by appointment only.

This program serves all patients regardless of inability to pay. Discounts for essential services are offered based on family size and income. For more information, ask at the front desk.

To contact the OTPs please call 315-471-1564 (Syracuse) or 315-624-9865 (Utica). For more information visit www.helio.health.

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Run for **RECOVERY**

Saturday, May 16th at 10am
Beak & Skiff Apple Orchards

The Run for Recovery 5k and kids fun run raises funds and awareness for people who are recovering from substance use and mental health disorders.

Who will you run for?

REGISTER NOW
www.helio.health